

**Wildcat for a day***"Black Lion" kids hang out with K-State football players*

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Fort Riley Post

History lessons*Officer shares stories of slavery with students*

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Friday, June 15, 2007

Home of the Big Red One

Vol. 50, No. 24

Post, Army news briefly**Office closing**

The Civilian Personnel Advisory Center will be closed June 15 for its Organizational Day. Office hours will resume at 7:30 a.m. June 18.

1st ID Band to perform

The next performance in the 1st Infantry Division Band's CG's Summer Concert Series will be held June 21 on Fort Riley. The band will perform several concerts throughout the summer on post. The following concerts have been slated. All are scheduled to begin at 7 p.m. and are free and open to the public.

June 21 – Rock Band, Barracks area 7003, Normandy Drive

Aug. 23 – Stage Band, Meade Heights playground on Jackson Ave.

Sept. 13 – Concert Band, Drumfire Park, Schofield Circle on Main Post

For more information about the CG's Summer Concert Series and other events at Fort Riley visit www.riley.army.mil.

USAIOF to visit Fort Riley

The U.S. Army Information Operations Proponent (USAIOF) will visit Fort Riley July 17 and 18 for an information operations (IO) briefing and recruiting visit to provide information on the future role of IO and the functional designation (FD) board process.

The USAIOF is seeking highly motivated officers, primarily from year group 1999 to 2004, for the Army's fastest growing functional area and one of the most critical disciplines on the modern battlefield.

The USAIOF team will be at the Custer Hill Education Center, Building 7656, Room 11, from 8 a.m. to 4 p.m. July 17 and from 8 a.m. to noon July 18. Briefs will begin on the hour except at noon.

Walk-ins are welcome but appointments are recommended. Selected FA30 officers will have advanced civil schooling opportunities at the Naval Postgraduate or other universities. For a confirmed appointment, contact David Pendleton, 10 Senior Personnel Analyst, as soon as possible at Henry.David.Pendleton@usar.mil or call (913) 684-5320 (DSN 552).

Stay 'In Step' with Fort Riley

See what's happening at Fort Riley. Tune in to Fort Riley cable channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m. or watch "In Step with Fort Riley" at 5 a.m. every Saturday and at 11 a.m. most Saturdays on WIBW TV Channel 13. Stories planned for this week's show, which runs on WIBW TV June 16 and on the post's cable channel 2 June 18 through 24 are:

- News from Fort Riley units in Iraq
- Update on latest Fort Riley casualties
- "Big Red One" leadership changes
- Interview with 1st Engineer Battalion commander
- Black Lion Families visit K-State football program

Saving lives



In a smoke-filled room, Staff Sgt. Steve Lema checks to see that his patient's airway is clear June 7 during trauma validation training at the Medical Simulation Training Center.

Soldiers train at new medical facility

By Anna Staatz
Staff writer

The newest of Fort Riley's training facilities had one of its first looks at boots and blood June 7 as 38 Soldiers completed trauma validation training.

The Medical Simulation Training Center hasn't been formally unveiled yet — an event slated for late July. Currently, the

center is being used for the high-end combat medical training of medics on military transition teams and other Soldiers preparing for deployment.

The training on June 7 included 15 transition team Soldiers and 23 Soldiers from combat lifesaver classes on post. Soldiers were given an area to survey and find casualties. They then provided immediate treatment under fire and extracted the patient, provided intermediate care after removing

the patient from direct fire and then transported the patient to an evacuation point under fire.

The center comes with many capabilities to add realism to the training. Teams going through the exercise had to work through smoke, mock fire and a small obstacle course while simulated battle sounds filled the air. In addition, Soldiers

See MSTC, Page 10

Post remembers 4th IBCT Soldier

Staff report

The Fort Riley community gathered June 8 at Morris Hill Chapel to remember a 2nd Battalion, 16th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division Soldier who was killed in Iraq.

Spec. Shawn Gajdos, 25, was killed June 6 when the vehicle he was traveling in came under attack by enemy forces using an improvised explosive device and small arms fire in Baghdad.

Gajdos was the kind of Soldier who was always there for you whenever you needed him, said Sgt. James Ramsey, 2nd Bn., 16th Inf. Regt.

He was always ready to carry out any task at hand without delay or argument, Ramsey said. Gajdos entered the Army in August 2005 and began serving with the 1st Inf. Div. in December 2005. This was his first deployment in support of the Global War on Terrorism.

"Spec. Gajdos was a tactically proficient Soldier who prided himself in his professional development," said Maj. Christine Pacheco, 4th IBCT rear detachment commander. "With hard work, ethics and maturity beyond his years, he served his nation and his unit well. Spec. Gajdos proudly represented his nation and his



Spec. Shawn Gajdos

Family. He was a friend, a brother, a son and a Soldier.

Gajdos, whose home of record is Grand Rapids, Mich., is survived by his parents, Anthony and Brenda Richards, and his sister, Tammie Deaboe.

His awards and decorations include the Bronze Star Medal, the Purple Heart, The Army Commendation Medal, the National Defense Service Medal, the Iraqi Campaign Medal, the Global War on Terrorism Service Medal, the Army Service Ribbon and the Overseas Service Ribbon and the Combat Infantry Badge.

"For those of us who had the pleasure to serve with him," Ramsey said, "we had a Soldier with intelligence, strong will and strong leadership ability that made him stand out and shine in the company of other Soldiers."

"Let us remember the memory and service of our brave and beloved friend who has lost his life so that others may have the chance to live freely," Ramsey said.

Post bids farewell to ADC-O

By Spc. Theresa Wiersgalla
1st Inf. Div. PAO

The 1st Infantry Division's outgoing assistant division commander of operations was honored June 6 during a departure ceremony on Ware Parade Field. Brig. Gen. James C. Yarbrough is scheduled to deploy to Iraq to take command of the Iraq Assistance Group June 30, replacing Brig. Gen. Dana Pittard, who holds that position and the title of the assistant division commander of maneuver for the "Big Red One."

Some of Yarbrough's most recent service entails 11 months as C3 of the Combined Joint Task Force-180 for Operation Enduring Freedom in Afghanistan, and he remained the Assistant Chief of Staff/G3 with the XVIII Airborne Corps until July 1, 2004. He served as the deputy commanding general at the United States Infantry Center in Fort Benning, Ga., July 2004-2006. On August 1, 2006, he became the ADC (O) of the Big Red One here.

For his work and accomplishments for the division, Yarbrough was awarded the Legion of Merit at the departure ceremony.

"He's a guy who has been everywhere," said Maj. Gen. Carter Ham, commanding general of the 1st Inf. Div. and Fort Riley.

According to Ham, Yarbrough



1st Inf. Div./Wiersgalla

Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley, pins Brig. Gen. James Yarbrough, outgoing assistant division commander of operations for the 1st Inf. Div., with a Legion of Merit at his June 6 departure ceremony.

can be spotted around Fort Riley in physical training formations, on road marches and at ranges making sure Soldiers are well trained.

"He's been to (the National Training Center) with every unit that's been there," Ham said.

He is dedicated to ensuring each Soldier has the best military training and everything necessary before deploying. Ham said,

adding that every team leader who comes to train here meets with Yarbrough for wisdom and guidance.

There is but one group here at Fort Riley that does not hold respect for him, Ham joked — they are the fish he tries to catch. As much as he might wish that they fear him, they do not, Ham said.

Red Cross warns of scam

Callers target military spouses

American Red Cross

WASHINGTON — The American Red Cross has learned about a new scam targeting military families. This scam takes the form of false information to military families as described below:

The caller (young-sounding, American accent) calls a military spouse and identifies herself as a representative from the Red Cross. The caller states that the spouse's husband (not identified by name) was hurt while on duty in Iraq and was med-evacuated to a hospital in Germany. The caller stated they couldn't start treatment until paperwork was accomplished, and that in order to start the paperwork they needed the spouse to verify her husband's social security number and date of birth. In this case, the spouse was quick to catch on and she did not provide any information to the caller.

American Red Cross representatives typically do not contact military members or dependents directly and almost always go through a commander or first sergeant channels. Military Family members are urged not to give out any personal information over the phone if contacted by unknown or unverifiable individuals, to include confirmation that your spouse is deployed.

It is a federal crime, punishable by up to five years in prison, for a person to falsely or fraudulently pretend to be a member of, or an agent for, the American National

See Scam, Page 2





Capt. Jenny Kirk, 1st Engineer Battalion, poses with Iraqi children during a humanitarian mission to a village in northern Iraq. *1st Eng. Bn. photo*

Engineers conduct aid mission

By 1st Lt. Rebecca Walsh
1st Eng. Bn.

Several "Diehard" Soldiers from the 1st Engineer Battalion conducted a humanitarian aid mission June 7 to a village in northern Iraq. The Diehards have been collecting school supplies, clothing, toys and soccer balls for the Iraqi children for several months. The items were handed

over to the Iraqi police to distribute in an attempt to build a sense of community within the small Iraqi village.

Diehard Soldiers helped the Iraqi police hand out items to hundreds of Iraqi children. The boys and girls swarmed the troops, and friendships were formed despite the language barrier.

For most of the Soldiers this was their first one-on-one interaction with Iraqi children, many of

who held their hands and wanted their pictures taken with the Soldiers.

"I think this is a great mission" said Capt. Jenny Kirk. "It will be nice to leave Iraq and say 'I made a difference, small, but I made a positive impact.'"

The 1st Eng. Bn. plans to continue humanitarian aid missions to donate items collected by the battalion's Family readiness group.

Soldiers tried by courts-martial

Staff Judge Advocate

Five Soldiers have been convicted and one found not guilty by courts-martial recently at Fort Riley.

Staff Sgt. Olen B. Ice was tried at a General Court-Martial May 24-25. An officer panel found him not guilty of indecent acts with a child under the age of 16.

...

Pfc. Reed W. Holway was tried at a General Court-Martial May 30 and found guilty of assaulting a 9-month-old by striking her face, arms, legs and squeezing her torso.

The military judge sentenced him to be confined for six months, to be reduced to the grade of E1, and to be discharged from the service with a Bad-Conduct Discharge.

...

Sgt. Henry R. Shoulders Jr., was tried at a General Court-Martial June 1 and found guilty of desertion with intent to shirk duty in Iraq, by being absent for 205 days.

The military judge sentenced him to be confined for 23 months, to be reduced to the grade of E1, to forfeit all pay and allowances, and to be discharged from the service with a Dishonorable Discharge.

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Spc. Eric D. Kieffer was tried at a General Court-Martial June 5 and found guilty of two specifications of assaulting his wife.

The military judge sentenced him to be confined for five months, to be reduced to the grade of E1, and to be discharged from the service with a Bad-Conduct Discharge.

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Staff Sgt. Leon Gildersleeve Jr., was tried at a General Court-

Martial June 6 and found guilty of one charge of desertion with intent to shirk duty in Iraq by being absent for 144 days and one charge of missing movement to Iraq.

The military judge sentenced him to be confined for two years, to be reduced to the grade of E1, to forfeit all pay and allowances, and to be discharged from the service with a Dishonorable Discharge.

...

Pfc. James A. Irwin was tried at a General Court-Martial June 8 and found guilty of one charge of desertion with intent to shirk duty in Iraq by being absent for 208 days and one charge of missing movement.

The military judge sentenced him to be confined for 20 months, to be reduced to the grade of E1, to forfeit all pay and allowances, and to be discharged from the service with a Dishonorable Discharge.

'Black Lions' capture insurgents

1st Bn., 28th Inf. Regt.

BAGHDAD, Iraq – Soldiers of the 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, captured multiple leaders of a Jashya al Mahdi (JAM) insurgent cell May 11 in Northwestern Rashid May.

Rapid battlefield communications and Soldier situational awareness of enemy events within separate unit areas were key to the operation.

"If we can share information faster than the enemy, we defeat his decision cycle," said Capt. Brian Ducote, commander of Company B. "Our ability to successfully defeat enemy operations exponentially increases when the companies share information across the battalion (communications network)."

Early on May 11, Co. B notified all "Black Lion" Task Force companies to be on the look out for several vehicles linked with intimidation actions against local

citizens that morning.

As the battalion commander's convoy moved through a southern neighborhood, Pfc. Luke Benner spotted one of the suspect vehicles – a grey Mercedes, with three young males in the car. The men refused to make eye contact with Benner as he conducted a "slow-roll" past the Mercedes.

The personal security detachment dismounted the convoy and searched the vehicle and its passengers. The Soldiers found illegal license plates, insurgent propaganda, ammunition belts, Iraqi security force equipment vests and two concealed pistols.

"This was a huge blow to the enemy," said Pfc. Tamir Kazan. "They even tried to hotwire the Mercedes and drive it out of the neighborhood before we could get back with the Iraqi Army soldier to drive it to our outpost, of course that did not happen."

Later It was determined that the detainees were the personal security detachment for the neighborhood insurgent leader.

In an effort to keep the enemy reeling, the Black Lions seized the offensive with information provided by the enemy detainees and launched a cordon and search operation into the neighborhood.

Company A, with Capt. Robbie Johnson in the lead, immediately located the Jashya al Mahdi leader walking to a safe house.

The Soldiers chased down the enemy leader and also uncovered an active torture cell. A local Iraqi man was freed from the enemy torture cell and taken to the adjacent Iraqi Army medical facility for treatment.

"Our decision to rapidly conduct a cordon and search to detain the local insurgent leader based on the earlier capture of his PSD, denied the enemy the chance to plan a countermove," Johnson said. "Communication was the key to success today."

While in Baghdad, the Black Lions have captured multiple enemy leaders and removed significant weapons caches from Baghdad neighborhoods.



4th IBC, 1st Inf. Div./Washburn

Being frank

Lt. Col. Patrick Frank, commander of 1st Battalion, 28th Infantry Regiment, 4th Infantry Brigade Combat Team, 1st Infantry Division, addresses his Soldiers at Coalition Outpost Ellis after a change of responsibility ceremony May 30.

HOUSE FILL AD

Scam continued from page 1

Red Cross for the purpose of soliciting, collecting, or receiving money or material.

In addition, American Red Cross representatives will contact military members and dependents

directly only in response to an emergency message initiated by your Family. The Red Cross does not report any type of casualty information to Family members. The Department of Defense will

contact families directly if their military member has been injured. Should any military Family member receive such a call, they are urged to report it to their local Family readiness group.

HOUSE FILL AD

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TRICARE COUNSELING
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Black Only
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FIRST SOUTHERN BAPTIST
2 x 2"
Black Only
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LIGHTHOUSE CHRISTIAN FELLOWSHIP
1 x 3"
Black Only
1x1Lighthousef

MILITARY OUTLET
2 x 2"
Black Only
2x2Military Out. Coupon

US ARMY/ARMYMIL1
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Post/Stantz

Workers lift a box up to the second floor of the new 1st Infantry Division headquarters building. Construction of the building should be completed in November.

Headquarters construction to be completed this fall

By Anna Stantz
Staff writer

It's hard to miss. The new 1st Infantry Division headquarters building under construction at Fort Riley occupies a very dominate, visible location. The \$43.1 million project is 50 percent complete and will be ready for the division commander to move in on Nov. 11.

Located on 1st Division Road mid-way between main post and Custer Hill, the view from the new office of Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley, stretches as far as Marshall Army Airfield and Interstate 70. The building includes features such as a three-story glass lobby and a massive joint operations center.

The JOC includes a projection screen that rivals most movie theater screens, plasma screens on each side of that and stadium seating with microphones and computer capabilities at each seat. Behind the JOC are secondary offices for Ham and other division leaders and even showers and a breakroom.

Kris Upson, project engineer, said the thought behind the design was that when large-scale operations were being conducted, no one would be leaving. While the capabilities of the JOC are awe inspiring, Upson said it has been one of the project's biggest challenges.

"There's a lot of command and control audio video equipment that goes into this that is not typical of buildings on a base," he said. "Having to figure those details out and know what the

requirements are has been difficult at times."

The headquarters building also contains a Sensitive Compartmented Information Facility, numerous conference rooms and widespread video-teleconferencing abilities.

While there have been challenges, Upson said the project is running slightly ahead of schedule.

The 138,000 square-foot building is nearing completion on the outside and drywall is going up on the inside. The project is a "construction manager at risk contract" with MA Mortenson. The contract sets a fast track to completion, in which phases of design and construction are overlapping. The accelerated project is one of the first of its kind at Fort Riley. Construction on the development began in July 2006.

Marksman take aim in Texas

166th Avn. Bde. Soldiers place at Warrior Challenge

By Spc. Aaron Gott
166th Avn. Bde.

The inaugural First Army Commander's Warrior Challenge this May provided warrior trainers from across the nation an opportunity to compete and learn about small arms.

The 166th Aviation Brigade's Task Force Dependable, charged with training Soldiers deploying to Iraq, sent eight of its best marksmen to Camp Bullis, Texas to participate in the event. The team members, Maj. James George, Master Sgt. Benjamin Meek, Sgt. 1st Class David Harrod, Staff Sgt. Richard Fesmire, Staff Sgt. Thomas Applebee, Staff Sgt. Robert McAdams, Sgt. Jacob Long and Spc. Aaron Gott received third place out of twenty teams competing in the competition.

The event, created as an opportunity to "train the trainer" and spur interest in competitive shooting, was sponsored and supported by the First Army Small Arms Readiness Group.

The competition consisted of several rifle and pistol matches and one foreign weapons match. The top 10 percent of individuals in the match received points

toward becoming a Distinguished Marksman. Top shooters in Excellence-In-Competition rifle and pistol matches will also receive the EIC badge for either rifle or pistol from the Fort Benning (Ga.) Infantry Center, a permanent award worn on the Class A uniform. Long and Meek will be awarded the Pistol EIC, and George and McAdams will be awarded the Rifle EIC. Meek has a prior award of the rifle EIC.

The most challenging event at the competition was the Patton Pistol Match. Four firing members, one coach and one alternate from each team ran two miles in full combat gear, including interceptor body armor with plates, canteens or Camelbaks, weapons and magazines in less than 30 minutes before firing pistols at targets in interlocking sectors of fire. "Our team looked great as we crossed the finish line," Long said,

"we remained in formation, went to quick time and marched in step across the finish line." Another event was the Squad Designated Marksman Match. In this event, teams of four sprinted 500 meters stopping every 100 meters to engage targets from each distance against a 40-second time limit.

The 166th Avn. Bde. team finished third place overall, with a first place finish in the squad assault course; two second place finishes, one in the known-distance qualification and the other in the designated marksman run-down; and one third place finish in the pistol position match.

During the competition, Soldiers carried their weapons at all times and stayed in hutments at Camp Bullis. To simulate a combat environment, they were not allowed vehicle transportation, marching nearly five miles a day between their hutments, the ranges and the dining facility.

The best teams and individuals walked away from the awards ceremony with custom engraved plaques. The top three prizes consisted of an M1 Garand from the Secretary of the Army, a Sig P220 pistol, and an ACOG rifle scope. A raffle ensured almost every Soldier walked away with at least one treat — Airsoft guns, Surefire flashlights, hydration systems and T-shirts were given away.

The event was such a success a decision was made to hold another Warrior Challenge in October.

"Now that we know how it works and what it takes, all we need is training and we can win this competition," Meek said.

HOUSE FILL AD

DAILY UNION
3 x 6"
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cannon & baines circus

HOUSE FILL AD

CRUMS
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3x2 Crums June TP

LIVING WORD CHURCH - MANHATTAN
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Black Only
3x2 SLiving Word

KARSH AND HAGAN
6 x 5"
Black Only
pinnacle bark



Post, Army news briefly

Road delays possible on post

Due to road shoulder work near the new 1st Infantry Division Headquarters building, the 1st Division Road speed limit from Huebner Road to Dental Clinic #4, Building 4010, will be reduced from 45 mph to 35 mph. The contractor will be installing traffic control devices to reduce the road width during construction from June 4 to July 13.

Motorists should only experience slight delays as the contractor installs and then relocates traffic control devices during construction.

Vet services changes hours

Veterinary Services now has extended operating hours on Wednesdays. The Vet Clinic will be open for registration and resale until 5 p.m.

CIF ships equipment

Outgoing Fort Riley Soldiers now can ship 22 items on their Organizational Clothing and Individual Equipment list to their next duty station free of charge through the Central Issuing Facility. CIF also will receive these items free of charge for incoming Soldiers. For more information, call Tom Barton at 239-1426.

Equipment exchange open

An equipment exchange van is available for transition team use from 8:30 a.m. to 3:30 p.m. Thursdays on H Street at Camp Funston. Equipment available for exchange includes all basic items drawn by transition team Soldiers, except Army Combat Uniforms. For more information, call Tom Barton at 239-1426.

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WWI Soldier honored 90 years after death

By Spc. Theresa Wiersgalla
1st Inf. Div. PAO

Thomas J. Tyson became a private when he enlisted in the Army in 1917 at the age of 15.

Tyson served with the "Big Red One" in Company L of the 18th Infantry Regiment. During World War I he was sent to France. On July 19, 1918, Tyson was killed while in south Ploisy, France, during the Aisne-Marne Campaign.

He was first buried in France at the age of 16 and four years later his remains were re-buried in Lakeview Cemetery in Johnston City, Ill.

Tyson was awarded the World War I Victory Medal and was eligible for the Silver Star.

Helen Lind, who does historical research for the Williamson County Historical Society[a] in Illinois, discovered a record on Tyson's funeral, but did not find a stone marked for him. At the site she observed the stones of his father and younger brother, but two graves remained unmarked in the set of four.

For more than 80 years, Tyson's grave remained unmarked, but after publishing her findings in a book and

requesting information from anyone who might be able to help her, Lind received her answers.

A marker was erected at Tyson's grave in November 2006. A ceremony to dedicate the marker and full military honors to Tyson was held June 2 at the site.

In attendance were the Ritual Team from the Marion Veterans of Foreign Wars Post 130 and American Legion Post 147, and a National Guard honor guard.

Eric Gillespie, Director of the Research Center for Cantigny First Division, read a letter at the dedication from Maj. Gen. Carter Ham, commanding general of the 1st Infantry Division and Fort Riley.

"To die at this young age is nothing short of tragic," Gillespie read. "To die at this young age for your country is nothing short of heroic."

Concluding his letter of recognition to Tyson, Ham wrote, "Today, the legacy lives on in the form of our young 1st Infantry Division Soldiers who are serving around the world protecting the freedom we hold so dear. These Soldiers are courageous and they are heroes, much like Pvt. Tyson was in World War I. Thank You for recognizing and honoring this great 1st Division Soldier."



Putting out fires

Thomas Moore, from the Fort Riley Fire Department instructs Sgt. Michelle Caired, Company A, 1st Sustainment Brigade on using a fire extinguisher during the brigade's safety stand-down day.

1st Sust. Bde./Maude

Call to prayer part of TT cultural training

By Gary Skidmore
1st Brigade

In addition to bugle calls, many people in and around Fort Riley may have noticed prayer calls coming from the sound systems on post, especially at Camp Funston. The calls are all part of immersing Soldiers in Iraqi and Afghan culture in preparation for deployment.

According to Lt. Col. Curt Hudson, deputy commander of 1st Brigade, 1st Infantry Division, the cultural training the brigade provides each team is one of the most important aspects of the training.

"The cultural training piece is very, very important," Hudson said. "We have quite a lot going on to make this the best and most realistic training as possible."

Hudson said when teams arrive for their training, which takes approximately two months, they are immediately immersed in cultural training to include language, food, role players acting as villagers and the call to prayer being sounded five times a day.

"It is part of the immersion training for the teams," Hudson said. "Since the teams are filled individually by Human Resource Command, the first time the

teams meet each other is at Fort Riley. A part of preparing the teams for Iraq and Afghanistan is the environment around the Forward Operating Base," he said.

"The marketplace and the calls to prayer are just sights and sounds helping the teams transition from being in the United States to conducting adviser duties in combat in Iraq and Afghanistan."

HOUSE FILL AD

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Commentary

Friday, June 15, 2007

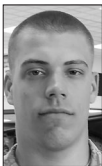
Fort Riley Post

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Riley Roundtable

This week's question:

What is your favorite thing about Army life?



"The discipline that is involved with being in the Army."

Sgt. Orkie Bradley
Truck driver
129th Trans. Co.
Home: Belton, Mo.



"The sense of community – the Army is kind of like a Family."

Maj. Mike Weiner
Project engineer
Army Corps of Engineers
Home: Baltimore, Md.



"Camaraderie – the brotherhood – you don't get that in corporate life."

Capt. Todd Del Tufo
S1
1st Bde.
Home: Colorado Springs, Colo.



"You get to see the world."

Capt. Ron Brosius
Maintenance officer
Transition team
Home: Leighton, Pa.



"Opportunities to do what I really like and help others."

Sgt. 1st Class Wilfredo Torres
Forward observer
Co. D, 101st FSB
Home:

Letters to the editor:

The Post welcomes letters to the editor. Letters should not contain any libelous statements or personal accusations. Letters accepted for publication must include the writer's full name and a phone number where he or she can be reached.

Letters may be edited to fit space but never edited to change the writer's viewpoint. Send letters to anna.morelock@conus.army.mil or fax them to 239-2592.

Command Message

General reflects on birthday, Flag Day

By Maj. Gen. Carter Ham
Commanding General



Maj. Gen. Carter Ham

June 14 was a big day for us at Fort Riley and for Soldiers around our Army. We took some time to celebrate two major occasions: our Army's 232nd Birthday, and Flag Day. It's quite appropriate that these two celebrations occurred on the same day.

Flag Day is a natural companion to our Army's Birthday, for it is our flag that embodies all that we serve for. The honor, bravery and sacrifice of those who came before us are reflected in those broad stripes and bright stars. The 50 United States, each individually emblazoned on the field of blue, somehow become more powerful, more majestic when they are 50 together, rather than one alone. "E Pluribus Unum" – out of many, one; today is a good

day to remember all that our national motto really means. So, today – Flag Day – display our national colors proudly! Take a moment to remind your children of the meaning of our flag and how we all show proper respect to it. At Reveille and Retreat, take pride as we pause, just for a few minutes, to render honor to Old Glory. She truly is a grand old flag and may She forever wave over the Land of the Free and the Home of the Brave!

Since June 14, 1775 our Nation has been honorably and faithfully served by the Army. In fact, the history of our Army is very much the history of our great nation. General Gordon Sullivan, former commander of the 1st Infantry Division and Fort Riley and former Army Chief of Staff, frequently reminded us that "...before there was a United States of America, there was an Army." That statement alone gives us a sense of who we are and what our service means to our country.

For 232 years, in peace and war, in prosperous times and through troubled periods, it has always been the Soldiers of America's Army who stood strong, proud and patriotic even when those traits weren't popular. From the days of the Continental Army, our ranks have been joined by those who felt a calling to serve a purpose greater than themselves, to dedicate

themselves to the selfless service to our fellow citizens, to be the guarantor of the rights and blessings we, as Americans, so enjoy. Soldiers do not seek fame or glory, only the inner satisfaction that comes with knowing that we each, in our own ways, contribute to making our nation a better, and safer, place for our Families and for all Americans. In honor of this 232nd Army Birthday, take a few moments to reflect on those Soldiers who came before us. Pause for a quiet few minutes to remember those who have given their all in defense of our nation. And, when you hear those first notes of The Army Song, stand proud and sing loud! This day is for you – for all Soldiers past and present. It is a day to be proud of who you are and to be proud of your Army. It is a good day to be ARMY STRONG!

Simplifying Life

Buy the simplest version of what you need

By Jacey Eckhart
CinCHouse



Jacey Eckhart

This year I resolved to simplify my life. I started with my iPod Nano.

"That's weird," Brad told me when I made the big announcement. "Don't you think you ought to start with your schedule? Your commitments to the command? The deadlines that host a funeral before you notice them?"

"Nope. I'm starting with the Nano. It's the root of all evil." Brad put his hand on my forehead. "No fever," he mused. Then I had to explain to him about how my iPod and my computer and my cell phone and my digital camera and my photo printer are a bunch of evil-spewing liars. They're supposed to make my military life easier. Instead they make things more and more complicated.

"That wouldn't happen if you would read the manuals," Brad suggested.

"Who has time for the manuals? That's why I bought the things in the first place—to save the time I do not have. Besides," I whispered, turning toward the window. "They taunt me."

"They taunt you?" I peered over Brad's shoulder to where the heinous devices I crowded by the computer, their slick tails sucking energy right out of the house. I told Brad how the alarm on the phone kept going off at 1:54 pm so I had to throw it in a drawer to make it stop. And how the cell phone hated me because I could only take a picture, not actually send it to anyone. Meanwhile the screen is so small I could go blind.

"The Nano is the worst. I want it to play cool music when I rollerblade. But it taunts me because I don't have any playlists. I don't have time to make any playlists or decide what the best playlist would be for skating backwards on that particular day. Then it has this whole screen that shows an address book and games and a stopwatch and I don't know what-all. I am wasting it!"

Brad made me lie down. But when he left the room I nipped over to the phone and called John Maeda at the Massachusetts Institute of Technology. I've been reading his book "The Laws of Simplicity" which is where I got this whole simplify-simplify idea in the first place.

Maeda is the father of five, an MIT professor, an Olympic-class technologist who can't keep up with his cell phone either. I think he talks to crazy women all the time. Because he wasn't surprised my techpets were making me crazy.

Maeda thinks that technology is the main source of people feeling overwhelmed today. "People not only buy, but more importantly love, designs that can make their lives simpler," said Maeda in a recent phone interview. But as technology advances, the designers are able to add more and more features to our devices at a lower cost. "And we want more," Maeda said. "It is human nature to want more."

But more isn't always what is really good for us. More requires more upkeep, more knowledge, more practice, more remembering to keep everything plugged in. Maeda suggested that one solution is to buy the simplest version of what you need.

My problem is the perfect case in point. Instead of the Nano that has a screen and a wheel and many features, Maeda is a fan of the iPod Shuffle. "Giving up the option of choice, and letting a machine choose for you, is a radical approach to shrinking the time we might spend otherwise fumbling with the iPod's scroll-wheel."

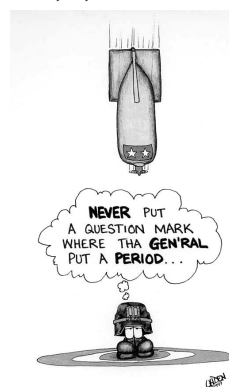
Randomness as a choice to make things more simple? I had to think about that one. Wouldn't I miss all those options for

choosing and organizing and controlling my music? I just couldn't see how that would work. So I borrowed Brad's iPod Shuffle, downloaded my tunes and went rollerblading. Sure enough, all the songs I heard I liked. I didn't know what was coming next. I just skated backwards listening to Sarah McLachlan and Bachman Turner Overdrive and Chamillionaire. It was easier just because I didn't have to be in

control of it all. What's next then? A phone that will only send and receive calls. A camera that only takes pictures on film. A husband who comes home every night. A house on Walden Pond. Radical.

A 19-year military spouse, Jacey Eckhart is a syndicated columnist with CinCHouse.com, a published author and the host of The Jacey Eckhart Show.

Grunt By Wayne Udden



FORT RILEY POST

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Publisher-Maj. Gen. Carter Ham
Public Affairs Officer-Lt. Col. Christian Kubik
Command Information Officer-Vacant
Printer-John G. Montgomery
Fort Riley Editorial Staff:
Editor-Anna Morelock
Staff writer-Anna Staatz
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Circulation 8,800 copies each week
By mail \$20 per year
A licensed newspaper member of the Junction City and Manhattan chambers of commerce

Jenny
THE MILITARY
SPOUSE





DAILY UNION
6 x 21.25"
Black Only
fathers day page





Post, Army news briefly

\$5,000 reward offered by CID

The Fort Riley Criminal Investigation Division is investigating an alleged rape that occurred on Fort Riley in late January 2007. The perpetrator was described as a male, possibly Hispanic, approximately 5'10" tall, 175 pounds, wearing the Army winter physical training uniform and a gold ring with two diamonds on each side and a cross in the middle.

If you have any information concerning the incident, call the Fort Riley military police at 239-MPMP (6767) or CID at 239-3931.

Discover Riley's treasures

Newcomers to Fort Riley, and those who wish to learn more about the post are invited to attend a post orientation July 6 offered by Army Community Service's relocation staff. Participants will learn fun facts, interesting information and what the Fort Riley area has to offer. Orientations will be held the first Friday of every month. Contact ACS - Relocation at (785) 239-9435 or site2665@riley.army.mil to reserve a seat.

Realtor program offered on post

Fort Riley's Housing Services Office has partnered with the Junction City Board of Realtors and the Manhattan Association of Realtors to provide Fort Riley Soldiers and their families with information regarding the home buying process. This free, no obligation service offers information on the availability of homes for sale in the Fort Riley area. This Realtor presence at the Housing Services Office serves as an informational resource. They are here to assist you in the process of settling into your new surroundings quickly and efficiently. Volunteers will be available to answer your questions and provide information on the following:

- Home purchasing: Where and how do I start?
- Mortgage application procedures

- Current interest rates
 - Various loan types
 - The local housing market
- Stop in and visit the Housing Office from 1 p.m. to 5 p.m. Monday through Friday at Carr Hall, Building 45 on Main Post.

Laundry services provided on post

The laundry Drop Off/Pick Up Point for services provided by PENN Enterprises, Inc. is located at Building 229, the old commissary, on Custer Avenue. Hours of operation are 7:30 a.m. to 3:45 p.m. Monday through Friday.

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1x3 Chad Mayes

COSCOM lowers colors in Germany

By Spc. David Chapman
3rd COSCOM PAO

After a 49-year history in Europe, the 3rd Corps Support Command cased its colors June 1 in a ceremony that involved over a hundred Soldiers, even more in attendance, cannons and music at Wiesbaden Army Airfield.

The event took place on the Minue Parade Field and the reviewing officer was Brig. Gen. Scott G. West, 21st Theater Support Command commanding general. The 3rd COSCOM welcomed many special guests and German dignitaries to the event, including the Roland Koch, the Minister President of Hessen.

This ceremony held many events. The foremost being the casing of the 3rd COSCOM colors for its move to Fort Knox, Ky. where it will stand up as the 3rd Expeditionary Sustainment Command. Upon its move to Fort Knox, 3rd COSCOM will become aligned with 1st Infantry Division, which will provide training and readiness oversight to the unit.

Another part of the ceremony was the inactivation of COSCOM's subordinate units, the Special Troops Battalion and the 19th Support Center.

Prior to the casing of the unit

colors, the two inactivating units along with the 16th Corps Support Group and 485th Combat Sustainment Support Battalion were awarded the Iraqi Campaign Streamer for their contributions during the Operation Iraqi Freedom.

Following this portion of the ceremony, Minister President Koch joined Brig. Gen. Michael J. Lally, 3rd COSCOM commanding general, on the parade field to present 3rd COSCOM with a streamer and certificate for its distinguished service in Germany-American relations.

"Leaving Wiesbaden for the 3rd COSCOM, is one of the consequences of adapting to the new structure of challenges in the world today," Koch said. "When you leave Germany, and the city of Wiesbaden, we want to say thank you for being here for such a long time, for assuring freedom and for being friends of the state of Hessen and the city of Wiesbaden."

Following the minister presidents comments, West took the opportunity to reflect on the impact COSCOM had in Germany and its accomplishments over the past four decades.

"The 3rd COSCOM has been inextricably linked to the success of the United States Army in Europe. The Soldiers I am seeing

today are heroes and they represent thousands of other heroes," West said. "I had the opportunity to watch each of these four formations in Iraq, during their first tour. I had the great fortune of watching the mighty 3rd COSCOM sustaining the line everyday, sustaining the Victory Corp and all the forces that fell under their banner. Under the most brutal conditions they ran the mean streets of Iraq delivering the materials to equip, feed, fuel and supply the coalition force."

Lally took the podium to express his thanks to the Soldiers of 3rd COSCOM, the surrounding communities, Families and friends who support the Soldiers.

"To the Soldiers on the parade field, I am humbled and proud of each of you.

"Your talent, hard work, determination and professionalism are what made the 3rd COSCOM successful," Lally said. "You are the finest Soldiers that any commander could ask for."

As part of the Army transformation plan, 3rd COSCOM will move to Fort Knox, Ky. to stand up the 3rd ESC. The unit's mission will be to promote logistics and distribution management anywhere in the world, at anytime, against any adversary, Lally said.



3rd COSCOM Chapman
Brig. Gen. Michael Lally, 3rd Corps Support Command's commanding general and Command Sgt. Maj. Willie C. Tennant, Sr. 3rd COSCOM command sergeant major, case the unit colors during the inactivation ceremony held at Wiesbaden Army Airfield June 1.

Finance Soldiers take flight

By Pfc. Andrea Merritt

1st Sust. Bde. PAO

Soldiers who work as financial management technicians usually spend their day in an office environment making sure military personnel are paid the money they are entitled to.

The Soldiers of the Detachment F, 15th Finance Battalion were able to break away from their desks May 23 and team up with Company A, 2nd Battalion, 1st Aviation Regiment to conduct load training.

The training, which was conducted on a Black Hawk helicopter, taught the finance clerks the proper procedures for entering and exiting the aircraft as well as how to buckle the safety belts.

"Basically, for finance, when we do a finance mission to outlying (forward operating bases)

about 95 percent of our missions are done by aircraft," said Capt. Chris Wurst, company commander of Det. F, 15th Fin. Bn.

"A majority of our Soldiers have not had the opportunity to ride in a Black Hawk or any type of aircraft, so we wanted to get them familiarized with the aircraft," Wurst said.

The first part of the exercise took place inside the hangar due to rain. The crew chief began with a safety brief where he discussed craft procedures with the Soldiers.

Once the brief was complete, the troops practiced boarding the helicopter.

The Soldiers lined up in a single-file line and entered the aircraft four at a time through the cabin doors sitting in the furthest seat away so the last person in wouldn't have to climb in over everyone, said Spc. Patrick Rogers, the crew chief for the

exercise.

The rain eventually stopped so everyone moved outside onto the airfield to practice loading the aircraft with the blades of the helicopter spinning.

After the Soldiers practiced loading the aircraft, the crew took them on a short familiarization flight to let the Soldiers get an idea of what it feels like to do the maneuvers they may encounter in Iraq, Wurst said.

"At a point, it was like we were on a roller coaster. It was really fun and it went really fast, said Pvt. Carmita Cando, a Det. F, 15th Fin. Bn. finance specialist.

"It also helps a lot for the people who have never been in one to actually know how it feels and be in one so you already know the feeling and you're prepared," Cando

See Finance, Page 10



1st Bde./ Skidmore

Change of command

Lt. Col. Kevin West hands the 1st Battalion, 5th Field Artillery Regiment colors back to battalion Command Sgt. Maj. Gordon Knize June 6 during a change of command ceremony. West took command of the battalion from Lt. Col. Chad LeMay who is headed to J-5 as a plans officer for the Iraqi Assistance Group in Baghdad, Iraq.

LINE-X OF MANHATTAN
2 x 9"
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2x6 Line X Post Only

MILITARY MEDIA
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11535- PU 5/24

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Black Only
1x2 Man Shoe June TF

COLLEGE HEIGHTS BAPTIST
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Black Only
2x2Collegesttstf



IED guru trains TT Soldiers

By Gary Skidmore
1st Brigade

When it comes to subject matter experts, Sgt. 1st Class Steve Clason, 1st Brigade, 1st Infantry Division S-3 Branch is all business. If he's not, someone is going to die.

Clason is the improvised explosive device guru for the transition team training mission at Forward Operating Base Army Strong on Camp Funston.

Keeping up to date on all of the latest tactics the insurgency is using either in Iraq or Afghanistan and then passing that information on to the teams is his main mission.

"I get information and relay it back to the battalion trainers who in turn train our," Clason said.

Clason said he has seen IEDs improve throughout the years.

"Technology has come a long way," Clason said. "It has gone from command detonation, where someone must push the button, to radio remote control detonation with higher frequencies and longer ranges so the triggerman isn't anywhere around."

Electronic blocking devices currently being used by transition teams in Iraq are having an impact on the IEDs and are defeating them Clason said. The devices cause the triggermen, once again, to be forced to push the button by hand from a closer distance, making it easier to catch them.

"We teach the teams to learn to avoid IEDs by knowing what to



Sgt. 1st Class Steve Clason shows some of the favorite hiding places insurgents place explosives in cars.

1st Bde./Skidmore

look for," Clason said.

"We teach them to look for indicators — the freshly mowed grass, the new trash pile on the road — anything that is out of the ordinary; anything that wasn't there yesterday but is there today," he said.

When traveling down a route, Clason said he stresses to never

forget it's only clear as long as you have eyes on it.

"As soon as you pass by the route, there's always a chance they will place an IED there for the return trip. You just never can trust anything," he said.

Clason said his advice to teams preparing to deploy is, "Stay alert. Know your area. Be aggressive."

Team works to rebuild Iraq

By Sgt. 1st Class Robert Timmons
4th IBC, 1st Inf. Div., PAO

BAGHDAD, Iraq — When President George W. Bush ordered troops to "surge" into Baghdad he was not just sending Soldiers, sailors, airmen and Marines, he also was sending little-known teams of reconstruction experts.

One of those teams operates out of Forward Operating Base Falcon with the 4th Infantry Brigade Combat Team, 1st Infantry Division, in the southwestern Rashid District of the Iraqi capital.

The teams, known as Embedded Provincial Reconstruction Teams, are made up of workers from the U.S. military, State Department and the U.S. Agency for International Development.

Timothy Zuniga-Brown, who heads the EPRT in the "Dragon" Brigade, said his team serves as advisers to the Iraqis.

"We are a small team that works at the brigade and regimental levels," said the Carson City, Nev., native. "This gives us better

visibility and better understanding of what the Iraqi government can do to bring peace and stability to their own country."

The seven-person team has technical expertise in various areas such as governance, security and economics and has been on the ground for almost two months.

"It is premature to see noticeable changes," Zuniga-Brown said. "But we have seen changes for the better." The district council holding its own meetings and the Doura Market revival are two examples of Iraqi growth in the area, he said.

In December 2006, there were three shops open in the Doura Market, while today there are more than 250. More than \$100 million has been spent so far on rebuilding projects throughout the Rashid District, which the team is responsible for.

While the work was started by the military, Zuniga-Brown said the civilian teams will eventually help the Iraqi government stand on its own.

"Brigades have lots of knowledge and understanding at this level, but their main task is to

fight and help the Iraqis win this war on the military side," he said.

"But, it's clear in this conflict, especially when dealing with counter-insurgency, a lot of components are civilian — the Iraqis sending supplies to their own people, listening to their own people and putting together the requirements for a civil society to be stitched back together."

See Reconstruction, Page 9

Reserve Soldiers roll out

By Master Sgt. Jack Lee
1st Bde. PAO

"Hey, buddy, can we borrow your tractor-trailers?"

That's not exactly how it went, but by asking an Army Reserve transportation company, a Kansas National Guard company got their trucks from Fort Riley to Camp Guernsey, Wyo., and both units benefited from the training.

The tractor-trailers are Heavy Equipment Transporter Systems, M-1070 tractors and M-1000 trailers, and the trucks are mainly the M-270 Multiple Launch Rocket Systems and M-1068 Command Trucks belonging to National Guard's 2nd Battalion, 130th Field Artillery, stationed on post.

Spc. Robert Hawk, Detachment 1, 129th Transportation Company, Osage City, Kan., 89th Regional Readiness Command, said he enjoys this kind of annual training (AT).

"It's a real world mission, the best training you can have," he said while readying the trailer to be loaded.

Spc. Brandy Moravek agreed. "This is a good way to spend AT," she said. "Some of our Soldiers haven't even loaded the trailer before, so this is good training for them."

After loading the trailers, the training included driving the loaded HETS about 650 miles one way. "It's a two-day trip," said James Davis, assistant truckmaster and Active Guard Reserve Soldier with the 129th Trans. Co. Once at Camp Guernsey, the truckers will rest and check the vehicles before returning to Fort Riley and more AT.

"AT is just not driving,"



1st Bde./Lee

Heavy Equipment Transports roll out of Fort Riley on a 650-mile trip to Camp Guernsey, Wyo.

Davis said. While at Fort Riley, the reservists will run the obstacle course, 'raid' an urban cluster and conduct maintenance on their vehicles before taking the second group of Guard vehicles to Camp Guernsey.

"We'll take the second group of vehicles up and bring back the first group," Davis said.

More than 81 feet long, with a total of 48 tires, the HETS can carry payloads up to 70 tons. Using HETS to haul tanks, armored personnel carriers and self-propelled artillery is cost effective, and saves wear and tear on the tracked vehicles.

Hawk likes to drive the HETS. "With an M-1 loaded on the trailer, it's a very smooth ride," he said. "Smoother then riding in a 'Caddy.'"

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Assumption of command

Lt. Col. Michael J. Lawson prepares to pass the 2nd Battalion, 32nd Field Artillery Regiment's colors to Command Sgt. Maj. William Huffin, symbolizing his assumption of command of the battalion. Lawson assumed command of the battalion June 9 at Camp Liberty in western Baghdad. The outgoing commander, Lt. Col. Gregory Gadson, was injured by a roadside bomb in early May and is currently in the U.S. recovering from his injuries.

U.S. Army photo

Reconstruction

continued from page 8

Currently, the team has been working with the Iraqi city manager's office to help them deliver needed supplies.

"It's a challenge for them," he said. "Expertise was lost. We have been able to help them through training by USAID and by bringing in experts from the states."

Memphis, Tenn., native, Lt. Col. Tom Kurlick, deputy commander of the team, said the team is trying to rebuild the Iraqi infrastructure.

"We are trying to rebuild that area at the lowest levels," said the civil affairs officer. The biggest help so far, he said, was the brigade accepting them into the family and helping them get to

Rashid District Council meetings whenever they needed.

They started to lay the groundwork, he said of the brigade leadership, which allowed the team to integrate well with their Iraqi counterparts.

"They were looking for partners and welcomed us," he said.

The military was there to help address security problems, but they needed help addressing their other problems, as well, Zuniga-Brown added.

"We are in an advisory role, a helping role," he said. "Bottom line — the Iraqis need to do it themselves and they understand it."

HOUSE FILL AD

DAILY UNION
6 x 15.5"
Black Only
Service directory



MSTC continued from page 1

provided treatment surrounded by smoke and in the dark to "patients" – mannequins that also provide the center numerous training capabilities.

The mannequins Soldiers extracted while under fire weigh about 185 pounds without clothing or gear. The robotic mannequins they treated in the intermediate section were a little more complicated. The robotic mannequins have chest rise and fall; eyes that blink and can even simulate an amputation, with blood flow. The mannequins are connected to a computer, where a technician can see if a tourniquet has been applied correctly and is effectively stopping blood flow or if an airway has been cleared properly.

Even in (advanced individual training) as a medic as well as the combat casualty care course, they do a similar job with the smoke

and the sound, but never before have we had the chance to do it with simulated patients – i.e. robotic-type patients," said 1st Lt. Matthew Paquin, who went through the training as a transition team Soldier. "To be able to incorporate this training – the smoke, the gunfire, the obstacles – combined with simulation was far beyond training I've received in the past and was a tremendous asset. You can't emulate patients without real patients and this is the closest thing you could get to a real patient."

Paquin is a member of the New Hampshire Army National Guard. He volunteered for deployment and is about halfway through his 60-day training cycle as part of an embedded transition team.

Soldiers involved in the exercise had already received the 40-hour CLS class. The three-day training at the MSTC was

designed to advance the Soldiers' skills to include emergency airway procedures, advanced bleeding control and advanced IV fusions.

"When you go into combat, those skills (CLS skills) are not always sufficient," said Lt. Col. Jeff Blue, division surgeon, 1st Infantry Division. "What we are doing in this simulation is getting these guys out here in full battle rattle and making them go through the actual steps of what they would do in a combat scenario."

The difference between the training executed at the MSTC and past training, Blue said, was that before Soldiers would check a casualty and then say they needed to put on a tourniquet without actually going through the motions.

"Now, you actually have to reach into your uniform, find your tourniquet and put it on the guy," he said. "What we know is that if you die in combat, you will most likely die from bleeding. The guy who can most likely save you from bleeding is the guy next to you."



Post/Staatz

Soldiers transport a patient away from the combat area to a safer place for intermediate care. The training was part of trauma validation June 7 at the Medical Simulation Training Center.



Post/Staatz

After applying a tourniquet to a simulated amputee victim, Soldiers transport the patient to a safer area for further treatment during trauma validation training June 7.

Finance continued from page 7

said.

Unfortunately, due to technical difficulties, the exercise was cancelled before it was completed. Only half of the Soldiers were able to experience riding in the Black Hawk.

The aviators said once the Combat Aviation Brigade gets back from its rotation at the

National Training Center the detachment could contact them and get the other Soldiers onto the aircraft, Wurst said.

"It's a good opportunity for the aviation guys to do their training as well as the other units that are deploying to do their training," Wurst said.



Post/Staatz

Soldiers prepare a patient for transportation from the combat area during trauma validation training June 7.

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FAITH FURNITURE
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4x8 Faith Furn Recliner Sale



Fort Riley Community Life

Friday, June 15, 2007

Home of the Big Red One

Page 11

Community news briefly

Vet services to hold pet wash

Fort Riley Veterinary Services and Irwin Army Community Hospital will hold their annual pet wash and bake sale from 9 a.m. to 2 p.m. June 16 and the Fort Riley Vet Clinic Building 226. Vet Clinic staff also will be on hand for pet registration and resale.

Donations will go towards the IACH Organization Day. For more information, call 239-3886.

YMCA offers camp grants

The local YMCA has grant money available to assist military dependents, ages 7 to 17 years old, to attend nearly any summer camp program in any state for up to \$390 per camper. For more information about this opportunity, call Nancy at 238-2972.

VBS to be held

The Fort Riley Chapel Community will be sponsoring "Avalanche Ranch" Vacation Bible School, for children ages 5 through 10, from 9 a.m. to noon July 30 through Aug. 3 at the Main Post and St Mary's Chapels. Registration is available on-line at www.groupvbs.com/myvbs/?churchid=3491. To register by phone or for more information, call 238-4815.

DMWR Lemon Lot to move

The Directorate of Morale, Welfare and Recreation Lemon Lot, currently located at Eyster Pool, Building 6940, is moving to the Fort Riley Commissary, Building 2310. Individuals interested in placing their vehicles on the for-sale lot will need to contact the Outdoor Recreation Center at 239-6368. Information, Ticketing and Registration will no longer accept registration for vehicles to be placed on the lot.

For additional information contact the Outdoor Recreation Center at 239-6368.

BOSS to tour Harley plant

Join Better Opportunities for Single Soldiers members as they tour the Harley Davidson Assembly Plant July 13 in Kansas City.

The tour is free and individuals interested can contact Information, Ticketing and Registration at 239-5614 to reserve a seat (no children will be allowed on the tour).

Transportation will be provided and will leave from ITR at 9 a.m. July 13. For more information, call 239-8147.

Auto center holds events

June is Master Mechanic Month at the Automotive Skills Center. Bring your children between the ages of 7 and 14 to the center for fun and entertainment throughout the month of June.

For more information, call the Automotive Skills Center at 239-9764.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Freedom



Ciaira Barlow jumps for joy at the news that slaves in Texas have been freed – more than two years after the signing of the Emancipation Proclamation. Barlow and the other volunteers were roleplayers at a recent Juneteenth event to teach children about the history of slavery.



Lt. Col. Jimmy McConico as "Wilbur" as he takes children through the daily life of a slave.

MP helps bring history to life

By Anna Morelock
Editor

"That's the way it was. Sure was," repeated Wilbur, a slave on the Gilmore plantation as he showed a group of school kids what his life was like as a slave. "Life is rough. It's a cruel life living on Mr. Gilmore's plantation."

Wilbur led the students to the school house window letting them peer inside at the master's children.

"That's not for us," he told the kids. "We can look in there, we can peek through the window, but you can't go to school in there... You can't have any education. You can't read. You can't write. Don't know your name. Can't spell your name – that's not for you."

It's all about institutional slavery around here, Wilbur said. "Institutional slavery keep you dumb where you don't know nothing. That's what it's about."

Wilbur, or Lt. Col. Jimmy McConico, commander of the 1001st Military Police Battalion (CID), led three groups of students around the "plantation," June 8 as part of the Juneteenth celebration in Junction City.

Juneteenth, which is also referred to as Freedom Day or Emancipation Day, commemorates the announcement of the abolition of slavery in Texas – more than two years after the issuance of the Emancipation Proclamation by President Abraham Lincoln, which declared the freedom of all slaves in the Confederate States.

Walking around the historic school house and other buildings, McConico told the children about waking up before the sun rose to pick cotton. In the background, "slaves" stooped over picking "cotton" and going about their daily chores.

"Your ration is 200 pounds of cotton a day," McConico told the kids. "If you

See Juneteenth, Page 14

IACH offers total joint replacement

By Lisa Medrano
IACH

When Maj. Jeffrey Kazaglis M.D., chief of orthopedic surgery, moved to Fort Riley, he said he was disappointed patients suffering from arthritis of the knee were referred elsewhere for their total-knee replacements.

Although it was not likely that a small hospital like Irwin Army Community Hospital would perform knee replacements, Kazaglis launched an effort to change that. Kazaglis and his team visited other orthopedic surgical facilities and standardized the pre-operative evaluations, surgical techniques, rehabilitative and nursing protocols, and ancillary service support.

The overall feedback from TKA patients and the medical community has been incredibly enthusiastic.

The procedure

TKA is a procedure for patients who are generally more than 50 years old, who suffer from arthritic conditions of the knee that cause pain with activities of daily living. The knee is made up of the lower end of the thigh bone (femur), which rotates on the upper end of the shin bone (tibia), and the knee cap (patella), which slides in a groove on the end of the femur.

Large ligaments attach to the femur and tibia to provide stability, and the thigh muscles give the knee strength and support. The



FOR YOUR HEALTH

knee surfaces are covered by a cartilage that releases a lubricating fluid to reduce friction. Arthritis is the most common culprit that disrupts the harmonious movement of the three main parts of the knee.

Normally, those who receive total knee replacements have been under the care of a primary care physician and have exhausted their pain control with medications, changes in activities and walking supports.

The pre-operative evaluation may involve a medical examination to check for potentially dangerous medical conditions such as coronary artery disease, X-rays, blood tests and a dental examination to check for active dental disease. The Orthopedic Team at IACH takes every precaution before surgery, to make sure the post-operative course is unremarkable.

The surgery requires the use of general Anesthesia or a pain catheter and lasts a few hours. Kazaglis said he considers surgery a "team sport" and the Total Joint Team is no different. In addition to Kazaglis and Dr. Thaddeus Carmine, the surgeons, the "team" has a scrub technician, Emerson Burns and a circulating nurse, Judith Arrington, who

make sure every element of the procedure goes without a hitch. During the procedure, the doctors remove the damaged bone and cartilage and fit implants of slightly varying size and shape to find the perfect match for the patient. The implants are made of metal and plastic materials and have a life expectancy of about 15 to 20 years.

Recovery

Immediately after surgery, the patients are placed in a continuous passive motion device to flex and bend the new knee, thus reducing future stiffness. The patients will also wear anti-clot stockings for several days following the procedure and are encouraged to begin walking the first day after surgery. The majority of patients can expect a significant improvement in their knee pain and usually gain some additional motion as well. The physical therapy rehabilitative process may take up to 6 months and normally allows for resumption of most pre-surgical activities.

The Orthopedic Team at IACH can address arthritis of the hip, shoulder, and knee and also do a wide variety of arthroscopic procedures on the shoulder, elbow, wrist, hip, knee, and ankle.

Committee provides updates on post issues

AFAP committee

Members of the Army Family Action Plan committee at Fort Riley met recently to determine the status of open issues from the October 2005 AFAP conference and to obtain progress reports on new issues from the October 2006 conference. Listed below are a few of the issues discussed at the meeting. Additional issues were listed in previous newspapers. Issues also will be listed in next week's newspaper.

Issue: Inadequate size of Ft. Riley Library

Scope: The post library is too small and there is no room to expand. Book choices are limited, and as a result people don't use the library and go to a library off post.

Recommendations:

- Expand the current library or relocate to a larger building
- Rearrange or remove some books and replace with a better variety

Issue update March 20: A huge selection of DVDs and CDs are available for Soldiers and Family members to check out for a week at a time. Library hours are Tuesday through Saturday 11 a.m. to 6 p.m. and Sunday noon to 5 p.m. The

Kids get ready for sports season

IACH offers physicals at middle school

By Capt. Katie Bessler
MEDDAC

"Short and sweet" was the sentiment offered by numerous parents regarding school physicals completed at Fort Riley Middle School recently. For the first time, Irwin Army Community Hospital, along with administration from the middle school, teamed up at the school to successfully conduct student sports physicals.

Staff members from IACH's primary care clinics completed 53 school physicals in a three-hour window.

Planning and preparing for the physicals started much earlier in the year. Dr. (Lt. Col.) Craig Webb and clinic staff determined how many appointments to offer for this pilot initiative based on student demand and available space. The school then carried out the mission of having parents call and book appointments. Appointments were made only for students attending Fort Riley Middle School; however, siblings who attended another school and needed a physical also were allowed to make an appointment.

All paperwork that needed to be filled out was sent home with students, shortening the time it took to check-in.

Clinic staff then screened each medical record to minimize administrative delays during the appointment time. The appointments were all booked on a school day between 8:30 and 11:45 a.m. When questioned if the students missed important classes because of this, school officials assured they missed less class coming to a fifteen minute physical in the gym

See Physicals, Page 12

library staff also has set up an account with the Junction City library to share books. Efforts continue to find a larger space to house the library; however, buildings and space are at a premium.

This issue will be reviewed at the June meeting.

...

Issue: Playground cleanliness

Scope: The parks in the Fort Riley housing area are dirty from lack of maintenance. Items such as socks, glass, condoms, animal feces and cigarette butts have been found at the parks. Maintenance is a major complaint. Sand spurs and weeds grow everywhere. These factors contribute to an unsafe environment.

Recommendations:

- Randomly monitor trash cans
- Enforce opening and closing times
- Install lights so military police can see any activities in the dark
- Build a fence around parks to separate the playgrounds from the neighborhoods. After closing a chain should be placed at the entrance
- Post a list of rules such as no children under 10 without

See AFAP, Page 13





Students rehearse for 'Wiz'

By Anna Staatz
Staff Writer

Fort Riley youngsters will get to spend a little time in the spotlight this summer. Students from first through twelfth grades are participating in the Missoula Children's Theater production of "Wiz of the West."

About 38 children turned out June 11 to audition for the play. This is the third year a team from Missoula, Mont., has come to Fort Riley to coach students in putting together the production, said Shelley Anderson-Buckley, SKIES Unlimited instructional programming specialist. Past plays have included "Robin Hood" and "Rumpelstiltskin."

"Wiz of the West" is kind of the "Wizard of Oz" meets the ranch," Anderson-Buckley said. "They gave us a selection of plays to choose from and we chose that one."

After auditions, students spent the week learning lines and rehearsing scenes. Two free performances – at 3 and 7 p.m. – will be held June 16 at the Fort Riley Middle School Teen Center.

The Missoula Children's Theater team even brought the set and costumes for the play with them, Anderson-Buckley said.

"They came with a truck packed full of what was needed for the costumes and the set," she said, "everything but the piano. We provide a piano and an accompanist."

The play has about 50 parts.

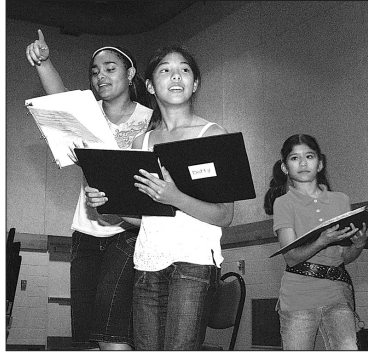


Photo: Anna Staatz

Alexis Miskevish, Jocelyn Aguilar and Pamela Elguezabal rehearse for "Wiz of the West" June 11. The play will be held at 3 and 7 p.m. June 16 at the Middle School Teen Center.

If you go

What: "Wiz of the West"

Where: Fort Riley Middle School Teen Center, building 5800 on the corner of Thomas and Long streets.

When: 3 and 7 p.m. June 16

Even though adjustments would be made to accommodate fewer participants, Anderson-Buckley noted she was glad students didn't have to go through cuts. "I would like to have had 50 kids show up, but the fact that we won't be turning kids away makes me happy," she said.

Physicals

continued from page 11

at the school then if a parent had to pick them up at school and take them to an appointment at one of the primary care clinics. Additionally, the school also assisted parents and students in choosing the best time for the student's class schedule. From start to finish, the full physical exam process typically lasted less than fifteen minutes per student.

The school provided one gym, along with chairs and dividers, for the different screening and immunization sections. IACH assisted in the layout of the area for efficiency and privacy. No classes had to be cancelled as the school has another gym.

"Getting the physicals completed now and the paperwork on hand is great for both the school and the student as sometimes students miss out on sports because they don't have a completed physical," said Suzanne Hertel, FRMS athletic secretary. "I also had a physical complete for my own child and was impressed with the thoroughness of the exam for the short amount of time it took."

Hertel said she hopes to see the event continue along with an increase in the number of appointments that can be provided at the school, noting that in the last week she had to turn parents away because all appointments were booked within the first few weeks of release.

IACH staff also spoke highly of the event.

"It was not hard to set this up at all," said Ramona Basnight, head nurse of the primary care clinics, "actually it was less work to come here than to have all these students come to the clinic." The staff also noted there was virtually no wait time for the students

and parents.

It was less work for at least one mother also.

"This is so much easier," said Leni Esquilin, mother to two middle school students. "Both kids can be seen at once and I don't have to deal with trying to make an appointment through the appointment line."

Esquilin said her entire time for both children to get a physical was less than 20 minutes.

"The atmosphere is so good for the kids being here at the school and not in the hospital; also the staff is so friendly. It is like they chose the best to come here and take care of the kids," said Irina Wachtstetter, a parent, "I will definitely bring him here next year."

More info

If a student missed getting the school physical at the Middle School, parents can still call the appointment line at 239-DOCS (3627) to book a physical during any of the following times:

June 18 – 8 a.m. to 4 p.m. at Primary Care Clinic 1, IACH

June 22 – 8 to 11:20 a.m. at Primary Care Clinic 1, IACH

July 21 – 8 a.m. to 4 p.m. at Consolidated Troop Medical Clinic, Custer Hill

July 11, 17 and 26 – 8 a.m. to 4 p.m. at Primary Care Clinic 1, IACH

August 10 – 8 to 11:20 a.m. at Primary Care Clinic 1, IACH

Community news briefly

OCF dinner set

Fort Riley Officers' Christian Fellowship (OCF) is hosting a New Friends Dinner at the Courtyard Marriott in Junction City at 6 p.m. June 23. The dinner will include entertainment and a concise program about OCF's ministry to Fort Riley Families and OCF's retreat centers in Colorado and Pennsylvania. The dinner is free, but complimentary tickets are required to attend this event.

If you're interested in attending the dinner, receiving information regarding OCF, getting involved in an OCF neighborhood Bible study or the campaign, please contact Matt Perdue at 784-8321 or tankeperdue@yahoo.com.

Lures training scheduled

Fort Riley's Family Advocacy Program and School Age Services will be hosting a Child "Lures" training workshop June 21 at School Age Services, Building 5810.

The workshop is designed to instruct parents and children about the dangers and techniques used by sexual predators and kidnappers.

The training will be from 4:45 p.m. to 5:15 p.m. and parents are encouraged to attend the training to see firsthand how children can protect themselves from abductors.

For additional information or to register call 239-9220.



Captain volunteers in tornado damaged town

By Gary Skidmore

1st Brigade

On May 4, Greensburg, Kan., was devastated by an F5 tornado. More than 960 homes were completely destroyed, 105 homes are still standing but sustained significant damage and 67 homes had minor damage.

The 205 mph winds that blew through downtown and the surrounding homes blew the leaves and bark off the trees and shattered limbs.

The tornado left behind 10 dead and more than 1,200 of the 1,400 residents of the once picturesque town are now homeless.

Within days, Greensburg's population swelled to more than 1,400. The Federal Emergency Management Agency, the American Red Cross, the Salvation Army and hundreds of volunteers came to help.

Capt. Charles Ayers, the rear detachment commander for 1st Brigade, 1st Infantry Division

was one of them.

Ayers went to Greensburg with his Manhattan-based church recently to help out where ever he could.

"I wanted to do some tornado relief," Ayers said. "We went there and built a garage for a family that had just moved there."

The family had just move to the town from Arkansas seven days prior to the storm hitting and lost everything, Ayers said.

The devastation was more than he was prepared for, he said. Although he had volunteered for disaster relief in the past, the damage from the other tornado didn't hold a candle to the devastation he encountered.

"I was really surprised to see the trees stripped barren," he said. "There really was nothing there. It looked like a World War II bombed out town. Buildings, everything just seemed leveled. I couldn't fathom it could be that bad. It was terrible."

Ayers said he'd like to go back but if he can make it work out, but as

the father of four and the commander of the largest rear detachment in the Army, he stays busy.

"I had to move things around a little this time," Ayers said. "I'd like to find a way to go down over the July Fourth holiday."

Ayers said he feels he's been blessed in his life and that's one reason he tries to pass his good fortune on to others.

"I've been blessed," he said. "It doesn't hurt me to extend my good fortune on to those who may not be as fortunate."

He likes to help other people whenever he can, Ayers said.

"It's a good feeling to help someone down on their luck, whether it's caused by a natural disaster or helping someone that just needs financial assistance. If there is someone that needs my help, I feel like I should."

"I enjoy the physical labor," he said. "What I do in the Army is more mental. And, it's always nice to feel appreciated and meet a need."



A teddy bear and stuffed monkey were found in the debris and placed in a tree so they could be found. Families have picked through their belongings and salvaged what they could.

1st Bde./Skidmore

AFAP continued from page 11

out supervision, clean up after animals, and no glass containers in front of park entrances.

Issue update from the Recreation Division March 15: The Directorate of Morale, Welfare and Recreation will replace the playground equipment located in the middle of McCormick Park. Work was scheduled to be completed by early May.

Issue update from Picerne Military Housing March 20: Trashcan placement is ongoing in conjunction with spring clean up efforts. The grounds maintenance contractor will be raking, edging and removing vegetation from playground areas. Picerne maintenance staff continues to conduct a weekly walk-through of park areas to access needs and clean areas as needed.

This issue was closed by the committee.

...
Issue: Lack of teen news
Scope: Teen news is lacking on post. Fort Riley's TV channel and post newspaper keep youth from being informed of events they can be involved in, such as games, dances and sports. The absence of these announcements limits the participation to those teens who are willing to make a difference throughout the Fort Riley Community.

Recommendation:
• Provide a section for teen news in the post paper to include a calendar of events, sports scores and reports, a teen editorial and other teen news of interest.

• Allow a roundtable for teens to express their opinion and support to help better their community.

Issue update from Child and Youth Services March 12: The first edition of "The T-Factor" was published March 1 by an all teen editorial staff under the supervision of an adult staff member at the Middle School and Teen

Center. It has since been reviewed by DMWR marketing for compliance with appropriate regulations and for referral to the Public Affairs Office for publication. All systems are in place for continued monthly publication of the newsletter.

This issue was closed by the committee.

...
Issue: Motorcycle safety courses are not offered often enough.

Scope: Motorcycle safety courses are not offered enough through the military. The courses are required to operate and register a motorcycle on military installations. The policies for motorcycle safety equipment are not clear.

Recommendations:
• Provide more safety courses through the military

• Require the same course for motorcycles, cars, trucks, etc. (defensive driving and safety)

• Have the safety equipment required on each installation structured around safety and not one person's interpretation.

• Standardize policy across the Army and Department of Defense for motorcycle safety.

Issue update from the Installation Safety Office March 13: The Commanding General's Policy Memorandum 2-1, dated Nov. 1 2006, outlines the requirements for motorcycle, dirt bike and all-terrain vehicle operations on and off of Fort Riley. A contractor will provide motorcycle training from March through October.

The basic rider's course is taught in Building 407 every Monday and Tuesday. The experienced rider's course is taught in Building 407 every Friday. To enroll in courses, call 239-2334.

This issue was closed by the committee.

...
Issue: Roundabout signage

Scope: Many drivers do not use their turn signals to indicate they are leaving a round-about. It seems there is confusion about roundabout rules.

Recommendation:
• Post signs that give instructions about using turn signals and when not to turn or provide awareness classes.

Issue update from ISO March 13: An article was run in the Feb. 22 issue of the Fort Riley Post. The article discussed traffic rules of engagement for traffic circles and roundabouts. Fort Riley has two roundabouts at Normandy Drive and Apennines while a third is near completion at Huebner and Williston Point Roads.

This issue was closed by the committee.

...
Issue: Limited options for cable and phone service on post

Scope: The cost of cable and phone service on post is expensive. There is not competition or motivation for the current carrier to lower prices. Off-post cable and phone service is cheaper. Those living on post would like a choice.

Recommendations:
• Allow other cable and phone companies to offer service on Fort Riley

Issue update from Army and Air Force Exchange Service March 19: AAFES controls phone service to the barracks. The Department of the Army asked AAFES to find a contractor to put new networks in the barracks in exchange for a 20-year contract. This was a deal established about 10 years ago.

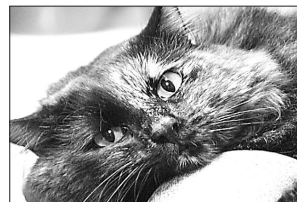
Issue update March 20: The present cable contract in the housing area expires this year. Bids are open for new contractors.

This issue will be reviewed at the June meeting.

Home wanted

Marble

This is Marble. Marble is a medium to long haired, tortoiseshell calico. She is about 1- to 2-years-old and has been spayed and declawed. She loves laying in laps and gets along great with children.



Fort Riley Stray Facility
Building 226 Custer Ave.,
Hours: 7:30 a.m. to 3:30 p.m., Monday through Friday
Phone: 239-6183

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Seat belt use required for Soldiers

By Anna Staatz
Staff writer

One of the simplest things a vehicle passenger can do is often one of the most overlooked — buckling up.

Not wearing a seat belt in Kansas is a secondary offense — meaning drivers may be ticketed for not wearing a seat belt only if they are stopped for another offense such as speeding.

For Soldiers, however, the rules are different.

Soldiers are required to wear a seat belt when riding in or driving a vehicle, regardless of whether or not they are on duty.

Unfortunately, Soldiers still don't buckle up often enough. Paul Inman, Installation Safety Office manager, said the Army is typically on track with the national average of seat belt use, which is about 81 percent, according to the National Highway Traffic Safety Administration.

During a recent traffic incident,

Seat belt facts

- Most serious crashes involve impact speeds of less than 35 mph. Fatalities involving non-belted occupants of cars have been recorded at as low as 12 mph — about the speed you would be driving in a parking lot.
- You are four times more likely to be killed or seriously injured if you're thrown from the car.
- Less than one-half of 1 percent of all injury-producing collisions involve fire or submersion. But if fire or submersion occurs, you're more likely to be unhurt, alert and capable of escaping quickly, if you are wearing a seat belt.

Source: The U.S. Department of Transportation

a Fort Riley Soldier was riding with a friend to Salina, Kan. A truck pulling a trailer cut into their lane. The driver attempted to get out of the way, but their car was hit by the trailer and flipped six times. The Soldier, who was not wearing a seat belt, was ejected from the vehicle and later evacuated to Via Christi-St. Francis Hospital in Wichita, Kan.

The scenario — and others like it — is played out frequently, with

both Soldiers and civilians paying the price. Civilian Department of Defense employees are required to wear a seat belt while on the job.

"If you put a seat belt on, your chances of survival in the event of an accident go up," Inman said, pointing to the 18 fatal accidents that occurred in the counties surrounding Fort Riley in 2005. Of the 18, only four were wearing seat belts.



1st Sgt. Bde/Merritt

At the car wash

Members of the Better Opportunities for Single Soldiers program wash a customer's car June 2 during the BOSS car wash. BOSS members washed about 170 cars and raised more than \$1,000 in donations. The proceeds will help fund a trip for single Soldiers to Las Vegas slated for the summer.

Juneteenth

continued from page 11

don't pick 200 pounds a day you'll get a lashing ... If you pick 205 pounds one day, that'll be your new limit."

Walking around the rest of the plantation, McConico told the children stories about the daily life of the slaves as the roleplayers worked around him.

Standing outside "master's house," McConico was approached by a young soldier in a Union uniform. The soldier was there to deliver news of freedom.

"We're free!" he asked in disbelief. "We're free! We're free! Lord have mercy, we're free," he shouted to the other slaves who ran through the field spreading the news to others.

"But then you ask yourself," he

said turning to the children. "What are you running to? Where you gonna stay now? You can't read. You can't write. You don't have no house."

At the end of the presentation, one girl looked up to McConico, who was dressed in overalls and had a bit of cotton fluff stuck in the stubble on his face. "Is that story real?" she asked.

"This whole story is true," he answered.

A lot of the kids are shocked and it's an eye-opening experience for many of them, McConico said.

"This is an opportunity to show the children what life was like on a plantation, and actually give them a picture," McConico said, "bring them out here where they

can actually see the school and instead of having to read it in a book or talking about it in a classroom we actually bring them out here on the ground where they can see, feel, and touch and smell what it's like to be on a plantation."

It's important for the students to learn about history, said Altermese Kendrick, a Juneteenth committee member and organizer of the event.

"It's not just black history; it's American history," Kendrick said. "This is a part of how America came to be, and we can't overlook it. We can't push it aside. We can't forget that it happened when these people existed, our people and our families existed in a time when it was hardest for America. But at the same time when we look back, the way I see it is, we're only able to go farther because we know where we came from."

McConico agreed on the importance of educating children about their history.

"I think this is a big deal because we need to be able to educate our children about their past from a historical standpoint just so they'll understand who they are as a people, where they came from so they'll have a better sense of direction in terms of where they are going," he said.

Much of the information presented, McConico said he got from the book, "To Be a Slave," by Julius Lester.

"My interest is in working and developing young minds whether it be presenting something on history or whether it's something that's going to inspire and encourage and cause them to be contributing members of society," McConico said. "If I can do that I will have achieved success."



Post/Morlock

Wilbur, played by Lt. Col. Jimmy McConico, learns of his freedom from a young Union soldier, played by Alexander Kendrick, during a Juneteenth event to teach kids about the history of slavery.

Meeting to be held on US-77, K-18 future

Special to the Post

A public meeting to discuss both the current state and future of US-77 and K-18 will be held from 6:30 to 8 p.m. June 21 at the Courtyard Marriott in Junction City.

Junction City, Milford, Geary County and the Kansas Department of Transportation have joined forces to conduct a corridor study to help identify future improvements to US-77 and K-18 in Geary County. The study will address traffic issues including safety, congestion, access and mobility as well as the relationship between existing and potential future land uses on the transportation system.

The team is seeking public input and assistance in the development of plans. At the first of three public meetings, June 21, community members

will have the chance to voice their views and concerns after a brief presentation.

Additional public meetings are tentatively scheduled for late summer and fall of 2007. The study is scheduled to be completed in early 2008.

"This is an important piece of our communities' future growth," said Mike Guinn, Junction City assistant manager.

"By working together, and with the public, we can ensure that development and growth is coordinated and reflects the values of our region," added Dennis Cox of Geary County.

The study corridor extends along US-77 from Lyons Creek Road north to Twelfth Street in Milford and along K-18 from US-77 west to the Geary and Dickinson County line and includes properties within one-mile on either side of these highways.

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Fort Riley Sports & Recreation

Friday, June 15, 2007

Home of the Big Red One

Page 15

Sports news in brief

Luau to be held at post pool

Bring your hula skirt and flower leis to Custer Hill Pool June 16 for a Hawaiian Luau. The event will include a hog roast, games, treats and prizes from 6 to 10 p.m.

The cost is \$10 per family or \$5 for an individual. For more information, call 239-9441.

Bowling tourney slated

The Custer Hill Golf Course will host a 10-week Team Tournament beginning July 20.

Teams of four will play nine holes each Thursday beginning at 5 p.m. and the total points will be tallied at the completion of the tournament for prizes.

The cost will be \$12 each week per team and \$5 per person cart rental and \$7 Twilight fees.

Teams must register before July 13.

For more information, call the Custer Hill Golf Course at 784-6000.

Discounted games offered

The Custer Hill Golf Course and Custer Hill Bowling Center will now offer discounted bowling and golf for the Family members of deployed Soldiers.

Bowling will be \$1 a game and Family members only will need to pay \$3 green fees on weekdays and \$5 green fees on the weekends at the golf course.

Discounted hourly golf lessons also will be offered at \$10 off per lesson.

For more information, call Custer Hill Golf Course at 784-6000 or Custer Hill Bowling Center at 239-4366.

Special Needs Rodeo slated

The Junction City Rodeo Association will host the Special Needs Rodeo at 6 p.m. July 21.

Each child will be paired up with a cowboy or cowgirl partner who will escort the children to event such as the goat relay, steer roping, bareback riding, steer wrestling and much more.

Kids also can take a horseback ride at the end of the arena. The children can finish up their evening watching the Junction City Rodeo where they and their families will be special guests.

For more information or to RSVP contact the Exceptional Family Member Program at 239-9435. Please RSVP July 9.

Family fit night scheduled

Join Youth Sports for a fun and entertaining evening of fitness for the entire family from 6:30 to 7:30 p.m. June 15 at the Fort Riley Teen Center, Building 5800.

Parents and their children will interact together in fitness activities, including aerobic exercise, fitness games and much more!

For more information, call Youth Sports at 239-9223.

On the field



"Black Lion" kids run out onto the football field with K-State football players and coaches June 9 at Bill Snyder Family Stadium in Manhattan.

Post/Morelock

'Black Lion' cubs join Wildcats at KSU

By Anna Morelock
Editor

"Black Lion" Families got a chance to join the K-State Wildcat family June 9 for a day of fun at Bill Snyder Family Stadium in Manhattan.

The spouses and children of deployed 1st Battalion, 28th Infantry Regiment Sol-

diers gathered in the Big 8 Room at 9 a.m. to meet with Sean Snyder, associate athletic director and director of football operations at the university, and several of the team's players. After hanging out on the black leather couches and chatting with the players gathered in the room overlooking the field, the Families started off on a tour of the facility.

On their way to their first stop — the

equipment room — the kids walked down a hallway lined with helmets, memorabilia and at the end, a case filled with Black Lion mementos.

Tokens from other K-State and Black Lion encounters filled the case along with a poster depicting three 1st Infantry Division Soldiers charging through a crum-

See Black Lions, Page 17

Range open for private use

Privately-owned firearms range staffed weekends

By Anna Staatz
Staff writer

Enjoy the smell of hot lead, but don't get the opportunity often enough? Fort Riley Soldiers, military retirees and Department of Defense civilians can take advantage of using a military range to fire their own weapons on the weekends.

"We've been pretty fortunate," said Bob Forman, who coordinates volunteer safety officers for the weekend shoots. "We've got a fair number of volunteers and we've got it open every day it's available in June."

Forman, who retired from the Army at Fort Riley and currently teaches at the post middle school, said the goal is to have a safety officer present for the range to be open from 10 a.m. to 3 p.m. every Saturday and Sunday. It's not always possible, due to conflicting schedules and units training on adjacent ranges. But for the days it's offered, the rules are few.

Forman said visitors should keep safety at the forefront, make sure their guns are registered on post with the Provost Marshal's office and bring hearing protection. Targets and holders are provided.

"Mr. (Lee) Breidenstein gets a great deal of credit in us being able to do this," Forman said. "He's really helped us with a lot of things, especially making sure

See Range, Page 16

Flower has history of healing

By Alan Hynek
Fish and Wildlife Biologist

The prairies of Kansas are rich in history. Each prairie plant and animal has its own unique story that has unfolded over the centuries. Some contain volumes while others can be told in a short time, possibly waiting for just the right moment in the spotlight. Many of the native prairie plants provided a source for food and medicine to Native Americans and early settlers. One of the most important was the purple coneflower, which is currently in bloom on Fort Riley.

Two species of purple coneflower can be found in the area, the pale purple coneflower (*Echinacea pallida*) and narrowleaf coneflower (*Echinacea angustifolia*). The latter is most common on Fort Riley. All are noted for their long pink petal rays and bristly head that is quite sharp to the touch. A third species called purple coneflower (*Echinacea purpurea*) may be found to the east of Fort Riley in Missouri.

The primary medicinal uses of *Echinacea* are derived from the root. It was used mostly as a painkiller, but also was used for a variety of ailments including sore throats, coughs, colds and snakebites. *Echinacea* was the only prairie plant used extensively by the early European settlers. The first mention of *Echinacea* by a physician was by Dr. Ferdinand V. Hayden in an 1859 report to the Secretary of War. He stated trappers and Indians used the root of *Echinacea* extensively for cure of snakebite and other ailments.

On the Wildside: News About Nature



Courtesy photo

Purple coneflower

H.C.F. Meyer, a medicine salesman from Pawnee City, Neb., made the first claims for the plant in early medical literature. Although his claims were extravagant, he nonetheless got the attention of other practitioners regarding *Echinacea*.

Some of his claims included curing ulcers, gangrene, typhoid, malaria, diphtheria and snakebite. Interest in the properties of the coneflower soared thereafter. In 1898, the oils from purple coneflowers were isolated at the University of Kansas and tested. Many doctors and researchers reported success in curing a number of ailments by mixing four parts alcohol to one part water and a "tinture" of the ground root.

Modern testing of *Echinacea* began in 1950 in Germany. The

root was found to possess mild antibiotic properties against streptococcus. Testing occurred off and on through the 60s and 70s. In 1978, *Echinacea* was found to possess immunostimulatory properties, which is what the plant is primarily sold for today.

Other uses for this plant include using the dried head as a comb. This was evidently a prominent use among plains Indians, evidenced by one Omaha name for the plant of "mika-hi," meaning, "comb plant."

The recent popularity in herbal medicines has unfortunately put *Echinacea* in danger of being over collected. Since the rootstock is used primarily in herbal extracts, the individual plants are destroyed. Serious cases of poaching have occurred on public and private lands. One of the areas hardest hit has been road right-of-ways, which has prompted the Kansas Department of Transportation to enact new laws against collection of herbs from roadsides.

Echinacea roots may not be harvested on Fort Riley per Range and Safety Regulation 385-12. "Flowers and foliage of plants (excluding trees and shrubs) may be taken for ornamental purposes without a permit provided that no more plant material is taken by any one individual, each day, than can fit into a standard three-pound coffee can (six-inch diameter opening). Root of plants may not be taken."

For more information on *Echinacea*, call the Conservation Office at 239-6211 or stop by Building 1020.



Post/Staatz

Softball standings

Michael McNeil makes a hit during a game between the "Cobras" of Company C, Special Troops Battalion, 3rd Heavy Brigade Combat Team and Headquarters and Headquarters Company, 125th Brigade Support Battalion. The Cobras won the game 12-8.

For all battalion and company level softball standings, see page 20.





Sports news briefly

Lunchtime class offered at pool

Skip the burger and fries and join Fort Riley's aquatic staff for a "liquid lunch" every Monday, Wednesday and Friday from 11:45 a.m. to 12:30 p.m.

This 45 minute high intensity class will boost cardiovascular endurance and strengthen and tone muscles.

All water fitness classes are \$2.50 per session or \$20 for 10 sessions with a punch card.

Call 239-9441 for more information or to order a punch card.

Classes will be instructed at Long Pool until renovations are complete at Eyster Pool.

Golf tournament set at Custer Hill

The Custer Hill Golf Course will be hosting a 10-week team tournament beginning July 20.

Teams of four will play 9 holes each Thursday beginning at 5 p.m. and the total points will be tallied at the completion of the tournament for prizes.

The cost will be \$12 each week per team and \$5 per person cart rental and \$7 twilight fees.

Teams must register before July 13.

For more information, call the Custer Hill Golf Course at 784-6000.

Prairie run set

Fort Riley's 2007 10-5-2 Prairie Run will begin at 7 a.m. July 21 at King Field House.

The race will be open to all military and civilian runners and each participant will receive a commemorative T-shirt.

Packet pick-up will be from 6 to 6:45 a.m. with the first races beginning at 7 a.m. All races will begin and end at King Field House, Building 202.

The five and 10 mile races will begin at 7 a.m. and the two mile race will begin at 7:10 a.m.

An awards ceremony will begin at 9:15 a.m. There is a \$12 entry fee for registrations received before July 11 and a \$15 entry fee for registrations received from July 12 to July 20. There will be no same day registration.

For active duty military stationed at Fort Riley, the 10-mile race is a qualifier for the Army 10-Miler in Washington D.C.

For additional information, or to register, contact the Fort Riley Sports Department at 239-3724 or 239-3945.

SKIES Unlimited classes offered

All participants must be registered with Child & Youth Services, Building 6620.

Call 239-4847 or 239-5440 for an appointment. Space for all classes is limited to first come first served.

Horseback riding

Horseback Riding Lessons at Ashwood Farms (outside Manhattan), English or hunt seat

style riding.

Monday through Saturday by arrangement. Helmet required.

Packages of 6 lessons for \$199 or individually at \$40 each (no refunds on package).

Enroll at Central Registration, Building 6620.

A sports physical specifying participant is cleared for equestrian activity is required.

For more information, visit www.ashwoodfarm.net/riding-lessons.html.

Junior golf

Junior Golf courses will be instructed at the Fort Riley Golf Course.

Lessons will cost \$60 and will be divided into the following categories.

6 to 10 years old - Tuesdays 5:15 to 6 p.m.

11 to 18 years old - Thursdays 5:15 to 6 p.m.

The next session will begin July 10 and run through Aug. 16. The last session will be held Aug. 28 through Oct. 4.

Tae Kwon Do

Children age 4 through 11 can participate in Tae Kwon Do classes at Child and Youth Services, Building 6620. Two weekly sessions are available for \$85 per month.

Tiny Tigers classes for children ages 4 to 6 will be held Mondays and Thursdays from 3 to 3:30 p.m., or on Tuesdays and Fridays every half hour from 10 a.m. to noon.

Basic Tae Kwon Do for children ages 7 to 11 will be held Mondays and Thursdays from 3:45 to 4:30 p.m. and Tuesdays and Fridays from noon to 12:45 p.m. or 1 to 1:45 p.m.

Dance fusion

Dance fusion classes will be held Mondays from 5 to 5:45 p.m. for children ages 5 to 10. Classes are \$35 per month and are held at CYS, Building 6620.

Cheerleading, dance

Cheerleading class will teach children beginning movements and chants. The class is offered from kids ages 5 to 10 from 6:30 to 7:30 p.m. at CYS, Building 6620. Registration is \$35 per student.

Daytime dance dynamos

Students will learn a combination of dance and tumbling.

Classes will be held at the Middle School Teen Center, Building 5800 on Wednesdays. Classes for kids ages 3 and 4 will be held from 3 to 3:25 p.m. and for kids ages 5 to 7 from 5 to 5:45 p.m. Registration is \$35 per student.

Intro to ballet, creative movement

This beginning dance class, which will incorporate ballet, will be held Wednesdays from 6 to 6:45 p.m. for kids ages 5 to 9 at the Middle School Teen Center, Building 5800. Cost is \$35.

Army driver scores season's 7th top 10 finish

By U.S. Army Racing

LONG POND, Pa. - Mark Martin and the U.S. Army Team used a combination of pit strategy and speed to earn a seventh-place finish in June 10's rain-shortened Nextel Cup race at Pocono Raceway.

In one of the stranger races of the season, Mr. Martin and the team were forced to overcome a poor starting position at 35 and an early pit-road miscue.

But the end result was another strong performance for Mr. Martin, who claimed his seventh top-10 and 10th top-15 finish in the 11 races he has competed as part of his limited 2007 schedule with Ginn Racing. His worst finish was 17th.

Despite missing three races, Mr. Martin is 12th in the driver standings and the 01 Ginn Racing team ranks fifth in owner points.

"We had a pretty good car today," said Mr. Martin. "It handled really well, but we lacked the speed to run with the leaders. We got behind in qualifying, but passed a lot of cars early. Then we had a mix-up on pit road and had to come back from that as well."

Mr. Martin wasted little time moving through the field. He gained five positions on the first lap and powered his Chevy to inside the top 20 by Lap 24.

Mr. Martin was running 18th when he came down pit road on Lap 50, in an attempt to take four tires and fuel under caution. A miscommunication caused him to miss his pit box. The savvy veteran didn't hesitate as he immedi-



U.S. Army Racing photo

Mark Martin and the U.S. Army Team used a combination of pit strategy and speed to earn a seventh-place finish in Sunday's rain-shortened Nextel Cup race at Pocono Raceway.

ately drove through the pits and went on to lead a lap. He returned to the pits on the following lap.

The miscue did earn Mr. Martin and the team five bonus points for leading a lap, but the Army Chevy was back in 35th place when the field went green on Lap 53.

Once again Mr. Martin began to patiently make his way through the field. He fought his way back to 23rd when the race's third and deciding caution was called on Lap 63.

With rain clouds looming Mr. Martin and a handful of cars, including eventual race winner Jeff Gordon, opted to stay out and run on an alternate pit cycle. Mr. Martin eventually pitted for fuel and four tires on Lap 84, and returned in 36th position with only 16 laps remaining before the halfway mark.

However, the leaders were forced to pit for fuel just before the halfway point. And when they pitted, that recycled Mr. Martin into seventh position, where he

was running when persistent rain brought out the fourth and final caution on Lap 103. Three laps later the race was red-flagged and eventually called by NASCAR.

"The gamble worked and we were able to get a top 10 out of it," Mr. Martin said. "I just can't say enough about this U.S. Army team. They just don't give up and it's a pleasure to work with them and drive the Soldiers' car."

The next race for Mr. Martin and U.S. Army Team will be Sunday at Michigan International Speedway.

Range continued from page 15

we have targets."

Those planning to visit the range should call ahead "to avoid disappointment," Forman said.

"It's always best to call first. I would recommend the Soldiers who are going to shoot out there get there pretty early so they get a full day of shooting," he said.

Use of a range for privately-owned firearms has varied in the nearly 10 years it has been available. In the last several years, Forman said, attendance had been as high as 50 guests in a day and as low as three or four. Guests can shoot up to a 458 magnum rifle,

black powder up to .75 calibers, and pistols are unrestricted.

If you plan to go shoot, Forman said to remember it's a range and accommodations "are rustic." Several benches are available for use, he said, and visitors should remember sunscreen and bring their own food and water if they plan to be at the range for an entire day.

If you go:

Where: Range 9.

When: 10 a.m. to 3 p.m. most Saturdays and Sundays.

Info: Call ahead - 239-4200 - to make sure the range will be open at designated times. For additional information about using the range or what weapons are allowed, e-mail Bob Forman at bobforman@usd475.org.

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Black Lions continued from page 15



Post/Morelock
Zachary Sagarin tries on a helmet with the help of Wildcat Corey Schultz.

bling wall. The poster read, "Challenge - We either find a way... or we make one."

"We've tried to gain and gather some great experiences for both sides," said Snyder of the team's partnership with the Black Lions. Before the Soldiers deployed, the players visited Fort Riley to conduct a physical training challenge with the Soldiers.

Since their dads are deployed, the team took on the role of "big brothers" for the day, said Black Lion spouse Wendy Diaz. "They have been awesome. They are taking our kids and having a wonderful time with them."

From trying on helmets in the equipment room, the kids made their way through the weight room where the players demonstrated some of their workout routines. After trying a few depth push-ups of their own, the kids headed to the locker rooms and readied themselves to take the field with the players.

On the field, the kids spent the rest of the morning doing bag drills, throwing the ball around and climbing the stands to the upper deck.

From the ground, Eric Childs, a

Wildcat outside lineman, shaded his eyes and looked up at his teammates and the kids lounging in the upper deck.

"We're just hanging out, giving them something to do, letting them know that we care and that we'll be here to support whatever their families are doing," Childs said. "I know they look up to us and we also look up to their fathers."

"They are having an awesome time," Diaz said, adding that the field seemed to be their favorite activity of the day.

"It seems like they're having a great time," Snyder said. "The one thing that's important to us here at K-State, Coach (Ron) Prince, all of us is the fact that these kids, not just these but all kids, get a chance to understand what goes on and obviously to have something always to look forward to, have something light, have something joyful. K-State football is about family. It always has been and always will be, and we just want to share a piece of our family."



Post/Morelock
Antonio Diaz plays a game of football with Wildcat Michael Pooschke June 9 at K-State's Bill Snyder Family Stadium.



Post/Morelock
Black Lion kids line up to kick field goals with Wildcat Corey Schultz.



Post/Morelock
Jonathan Saldana gets his photo taken with Wildcat players Daniel Gonzalez, Gabe Gantz, Michael Pooschke, Josh Freeman and Eric Childs.



Post/Morelock
Wildcat head strength coach Mike Kent explains to Joshua Saldana how to do a depth push-up in the team's weight room.

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Softball standings



Steve Peters, Co. G, 125th Brigade Support Battalion, slides into third base as Charles Lagabed, MEDDAC/DENTAC defends. MEDDAC/DENTAC won the game 15-5.

National League Standings

(as of June 8)

| Team | W | L |
|--------------------------------|---|----|
| Co. G, 125th BSB | 6 | 1 |
| Co. C, 3rd STB | 5 | 0 |
| Co. F, 125th BSB | 5 | 0 |
| MEDDAC/DENTAC | 5 | 0 |
| MRX, 1st Bde. | 4 | 2 |
| Co. E, 125th BSB | 4 | 2 |
| Cos. A and B, 101st FSB | 4 | 1 |
| Co. B, 125th BSB | 3 | 2 |
| Btry. A, 4th Bn., 1st FA Regt. | 3 | 2 |
| Btry. B, 4th Bn., 1st FA Regt. | 3 | 2 |
| HHC, 4th Bn., 1st FA Regt. | 3 | 2 |
| HHC, 3rd STB | 3 | 1 |
| Co. A, 125th BSB | 2 | 4 |
| HHC, 125th BSB | 2 | 4 |
| Co. E, 125th BSB | 2 | 2 |
| Co. A, 5-1 STB | 1 | 7 |
| 1st Inf. Div. Band | 1 | 4 |
| HHC, 3rd STB, team 2 | 0 | 17 |

American League Standings

(as of June 8)

| Team | W | L |
|----------------------------------|---|---|
| Co. A, 1st Bn., 16th Inf. Regt. | 5 | 0 |
| Co. D, 2nd Bn., 1st Avn. Regt. | 5 | 1 |
| HHC, 2nd Bn., 70th Armor Regt. | 5 | 1 |
| HHC, 1st Bde. | 4 | 0 |
| HHC, 3rd HBCT | 4 | 1 |
| Co. A, 1st Bn., 1st Avn. Regt. | 4 | 1 |
| Co. C, 601st ASB | 4 | 2 |
| Co. A, 2nd Bn., 70th Armor Regt. | 4 | 3 |
| HHC, 601st ASB | 3 | 1 |
| Co. E, 2nd Bn., 1st Avn. Regt. | 3 | 3 |
| HHC, 1st Inf. Div. | 3 | 5 |
| 10th ASOS | 2 | 2 |
| TFD, 166th Avn. Bde. | 2 | 4 |
| Co. D, 2nd Bn., 70th Armor Regt. | 2 | 4 |
| Co. C, 101st FSB | 1 | 4 |
| Co. D, 125th BSB | 1 | 4 |

Battalion Level Standings

(as of June 8)

| Team | W | L |
|----------------------------|---|---|
| MEDDAC/DENTAC | 4 | 0 |
| 1st Bde. | 4 | 0 |
| 1st Bn., 1st Avn. Regt. | 3 | 0 |
| 1st Bn., 41st Inf. Regt. | 3 | 2 |
| 2nd Bn., 70th Armor Regt. | 3 | 2 |
| 2nd Bn., 1st Avn. Regt. | 2 | 3 |
| 101st FSB | 2 | 2 |
| 3rd STB | 1 | 5 |
| 97th MP Bn. | 1 | 5 |
| 1st Bn., 16th Inf. Regt. | 1 | 4 |
| 4th Bn., 1st FA Regt. | 1 | 1 |
| HHC, 1st Sust. Bde. | 0 | 1 |
| 1st Sqdn., 13th Cav. Regt. | 0 | 2 |

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Doors open at 6:30 p.m.
Tickets cost \$3.50 for adults
and \$1.75 for children 11 and
under. Children under the age of
5 are free except during chil-
dren's matinees or expected
sell-outs.

June 15 - Lucky You, PG-
13, 124 min.
June 16 - Spider-Man 3, PG-
13, 139 min.
June 17 - Georgia Rule, R,
113 min., 5 p.m. showing

June 21 - Spider-Man 3,
PG-13, 139 min.
June 22 - Weeks Later, R,
91 min.
June 23 - The Condemned,
R, 113 min.
June 24 - 28 Weeks Later,
R, 91 min., 5 p.m. showing
June 28 - The Condemned,
R, 113 min.

For more information, call
239-9574.

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